



May 2011

The New Big Flats Times
P.O. Box 449, Big Flats, NY 14814

Issue 18

Town Information:

- Municipal Campus:
476 Maple Street,
Big Flats
- Town Hall:
Monday–Friday,
8 am to 4 pm
562-8443, Ext. 201
- Community Center:
Office hours are
Monday–Friday,
8 am to 4 pm
Building Staffed:
Monday–Friday,
8 am to 9 pm
562-8443, Ext. 303

Big Flats Town Board:

Supervisor	Teresa Dean
Council	Edward Fairbrother
Council	Andy Gillette
Council	Mike Smith
Council	
Town Clerk	Linda Cross
Meetings	2nd Wednesday at 4:30 pm 4th Wednesday at 7:00 pm

GET THE GLOW!

Yoga is no longer for freak show flexibility, it isn't a weird eastern religion and it's not just for women! There is a long history of medical evidence supporting the physical and psychological benefits of yoga. It's the perfect complement to any exercise program.



Strength and flexibility go hand in hand, flexibility increases strength and muscle tone, yoga provides superior balance and body control while also improving your breathing and oxygen intake by increasing your lung capacity.

Being flexible prevents injury

and speeds up recovery, alleviates back pain, increases your energy level, and allows you to relax and sleep better at night. Yoga helps to reduce stress and minimizes the harmful effects of stress, recharges you mentally and trains you to develop focus and concentration so we can perform at our peak.

Yoga puts your body back into alignment. All the things we do to ourselves every day ~ bad posture at the computer, over working our muscles creating tightness, stress, injury, or even being a couch potato ~ all these things can be turned around and fixed. Yoga also massages the internal organs which helps move things along and allow our organs to ex-

crete toxins.

First and most important is the breath. We use deep diaphragmic breathing, in through the nose and out through the nose. The breath fills our lungs with life giving oxygen and exhaling the toxins that accumulate in our body. Breathing with our diaphragm increases our lung capacity and is the key to successful yoga practice. Focusing on the breath allows us to calm our mind and body and helps us to get deeper into our poses.

Second is feeling. We want to feel something in every pose, not going over our limitations but feeling challenged and successful. We offer modifications for every pose, making all students feel like a yoga master!

Third, fourth, fifth & sixth: Listen to the body, Letting go of competition, judgment and (continued on page 2)

This Little Piggy Went to the Market

It is getting to be that time of year when the Big Flats Farmers Market will be opening. The market will open on Tuesday, June 14, 2011 and go until September 27, 2011. It will be held under the big white tent, located behind the Big Flats Community Center. It will be open every Tuesday from 10:30 a.m. until 2:30 p.m.

There will be fruits, vegetables, flowers, crafts, baked goods and strawberries for sale.

There is a lot of room under the big tent for more vendors. If you are interested in being a vendor, please contact Linda Patrick, Farmers Market Manager at (607) 796-6628. We will be happy to send you information pertaining to the market.

Watch for the signs around Town that will remind you of the Farmers Market. Come to see what we have to offer and enjoy some fresh fruits and vegetables. Everything grown

in our area is better on your table. No long distance shipping and everything is picked fresh and wholesome.

Bring your little piggy's to the market and make them happy.

Written by : Linda Patrick, Market Manager





Summer Time is near—now is the time for safety planning!

Watch for Summer T.A.F.F.Y. Registration Forms



Getting Ready for the Season with Suggestions from Code Enforcement

We all look forward to spring as the nice weather brings many of us out to play. It is time to make sure the lawn equipment is ready for the season, and open up the pools for family fun in the sun. Often times when we make plans to buy that swimming pool or hot tub, our main focus is about all the enjoyment

that is to come. It is sometimes easy to forget about the paperwork and safety requirements that are involved. Our department would like to remind you of the NYS requirement to obtain a permit, and that all required safety inspections must be done before jumping in. Also, during the planning process re-

member to think about the electrical requirements, safety barrier requirements, pool location, and alarms as well. On behalf of the Town of Big Flats, the code department wishes you all a safe mowing and swimming season!

Written by Tim Gilbert, Building Inspector/
Code Enforcement Officer

Up with New Technology

It is amazing the new technology we have today. Every place you walk, ride or drive, we see people with ipads, droids, nooks, and even the newest gadgets. Since technology has changed so much, we have placed The *New Big Flats Times* on our website at www.bigflatsny.gov. Therefore, anyone who wishes to review the newspaper on-line or even have it emailed to you, please email townsupervisor@bigflatsny.gov with your information to either of these options to remove from the mailing list: (1) we will retrieve on-line; or (2) start emailing (don't forget to provide your email information). We want to make sure that you have The *New Big Flats Times* in the format that you are most comfortable with.

Get the Glow! Continued from front page

expectations. For an hour to an hour and one-half, turn the focus inward, listening to our body, feeling the poses, focusing on the breath. Yoga is not a competition to see who can hold the poses longer, who is most flexible or pointing the finger at who is not as flexible or strong. Also not condemning yourself for not doing as well as you thought you should. Every practice is different, depending on the day. Some days we will not be as flexible or our balance is a little off, yoga is a journey and we should feel successful where we are right now.

Seven is staying in the pre-

sent moment. We cannot change the past or predict the future, while practicing yoga, stay right here, right now. Let go of the stress and irritations of the past and don't let our minds wander to what we are doing after class. The key to being successful in yoga and life is to live in the present moment. Ask for forgiveness for the past and ask for wisdom to guide our future but focus on here and now.

So how about it?? We offer classes Saturday 9-10 am at the Big Flats Community Center. First time is FREE!

Attention: Horseheads Class of 1965, 1966 and 1967:

Written by Deidra Schemerhorn
August 5 & 6, 2011 the Horseheads Class of 1966 are inviting the Class of 1965 & 1967 to join them at the Big Flats American Legion, 45 Olcott Road S., for a TRIunion. Any classmate/attendee for either of these classes can get more information through the website: www.horseheads1966triunion.com. You only need to join this secure site with your email and your own personal password. Contact person—sldriscoll1966@gmail.com

Pass the word. We look forward to a great response.

NEW BIG FLATS BRUSH SITE PROCEDURES.....

Besides the benefits of our Youth Department with their programs and our Community Center, another visible benefit has been the Kahler Road brush lot. As some of you may have read or heard, the brush site was being extremely abused by companies, residents from other municipalities and counties and even some of our own residents, we were left with no choice but to temporarily close this site. It was with great disappointment and a lot of discussions. However, those discussions also included a new location with cameras, set hours, gates and personnel to monitor the site. We heard from several residents who offered to volunteer to monitor the site so that we could continue this benefit. We truly appreciate your generosity and dedication to the Town of Big Flats. We truly do have a wonderful community.

The Town of Big Flats has had their concerns resolved. This is truly a win-win situation for the Town of Big Flats residents as it

has no liabilities to the Town residents and savings to the taxpayers in the cost of chipping and hauling.

Black Gold is happy to serve our community and to do their part in green recycling. Black Gold is pleased to provide a service that is otherwise a taxpayer's burden, and to do their part in green recycling. They are located in the Town of Big Flats, off State Route 352 over the South Corning Bridge at 119-B South Corning Road. They approached the Town to open their site for an Organic Material Drop Off Facility.

What does this mean to us? Black Gold will accept clean organic materials such as grass, leaves, branches, logs and wood chips. However, they are NOT a garbage dump and have very strict policies which are enforced for dumping of ANYTHING that is NOT "CLEAN" 100% organic material.

Black Gold is predominately a seasonal landscape supply business, whose hours change throughout the year to accommodate customers. As such, they strongly recommend calling (607-562-7026) prior to hauling your truck or trailer load of material.

Black Gold is a private business and not part of any government agency. Most of the customers are able to drop-off organic material for FREE, however, there is a small percentage of customers that will be charged a minimal fee for mixed loads and/or dirty stumps. Fines will apply for garbage, glass, nails, C&D, hardware or plastic.

Please be sure to follow these guidelines so Black Gold can continue this service and remember to thank Black Gold's staff and management for this wonderful opportunity. For additional information, please see our website at www.bigflatsny.gov ; or Black-GoldTopsoil.com ; or call 607-562-7026.

Exciting—Hot off the press 56th Year of Summer T.A.F.F.Y.

The Town of Big Flats Youth Department is busy planning their Summer T.A.F.F.Y. program. The sites for this summer will be: Big Flats Elementary School; Community Park; Hillview Park; Maple Shade Park; Pine Circle Park; and Reynolds Park.

Due to NYS Department of Health mandates, there are changes to the registration process and it is very important to read the registration

forms carefully. A complete health history and current immunization record is required for each participant. Without this information your child will not be able to attend the program.

In-person registration dates will be held at the Big Flats Community Center:

Sunday, May 22nd 9:00am-5:00pm
Wednesday, June 1st 9:00am-7:00pm
Sunday, June 5th 9:00am-5:00pm

T.A.F.F.Y. program begins Wednesday June 29th and will end Friday August 5th, held 9:00 a.m. to 2:45 p.m., except the program will be closed on Monday, July 4th.

Registered participants only during the T.A.F.F.Y. hours for listed parks. Parks will be closed to the public. Questions call 607-562-8443, Ext. 307.



Did you know
New York
State offers
Free fishing
days?

2011 Concert
Series:
This
information is
incomplete at
this time,
please check
our website or
contact us in
mid June.

Did you know New York State has Free Fishing Days?

Spring is around the corner and fishing season is about to begin. Just a friendly reminder that fishing and hunting licenses are sold here at the Town Hall. We are open Monday – Friday from 8:00 a.m. to 4:00 p.m.

Each year, the last full weekend in June is designated as Free Fishing Days in New York State. During those two days, anyone can fish New York State waters, and no fishing license is required. This event started in 1991 to allow all people the opportunity to sample the incredible fishing New York State has to offer. Since no license is required, it is the perfect time to take a friend or relative fishing.

In 2011, New York State's Free Fishing Days are Saturday and Sunday, June 25 & 26.

Don't forget our 4-legged best friend

Don't forget about your four-legged best friend—your dogs. Dog Licenses are also sold here at the town hall for your new puppy or dog; your new adopted dog; or if you have just moved to the Town of Big Flats.

Please make sure you bring your updated rabies information, along with a spay/neuter certificate. If you have any questions please feel free to give us a call—(607) 562-8443, Ext. 201 or 202.

Written by Linda Cross, Town Clerk

Ode to Old Red Barns Everywhere

Held together by nails and old caulk if only its walls could somehow talk.

Now forgotten though no ones fault for its caretakers are now naught.

What lessons within were taught?

What deep burdens had time wrought?

Today a photographer sought for his attention it has caught.

Somehow he could not balk this grand old red stained hulk.

Wearing a weathered weather vane withstanding cold harsh winds and strain under pouring morning rain its roof now leaks and drains where once it had stored new grain and cattle had ate than lain.

The photographer hopes to now feign a new use for the old barn again though no longer bright red stained—without paint it looks quite wane.

Weathered by time and hot sunshine time hasn't been kind though sheltered by pines.

In the photographer's mind the old red barn looks

just fine.

The photographer doesn't think anyone will mind if he takes a few pictures today as he takes time to capture the beauty found off the beaten road behind the new housing development built where new ties will bind.

The grand old barn had once held someone's dreams before forgotten and started to lean.

Perhaps it held a horse-drawn team that plowed the fields where oats would gleam.

Perhaps new calves were born there and weaned while its cold floors were daily swept clean.

Inside it today you can see the sun beams shine through the seams in the roof and dust mites gleam.

The photographer still sees it as a grand old queen, this old red barn which leans—though still beams in the sunbeams.

About the author: Judy Janowski is a resident of the Town of Big Flats and has a book titled "Life is a Garden Party, Volume 1", a garden observation followed by a spiritual application with scripture of rhyme.

BIG FLATS RESIDENT, MARY BEECHEY, NAMED SENIOR CITIZEN OF THE YEAR

Mary E. Beechey was named Senior Citizen of the Year by the Chemung County Department of Aging and Long Term Care at an awards ceremony held May 2 at the Big Flats Community Center. Mary may be small in stature, but she has endless energy for helping others in so many ways. She is strong, compassionate and giving.

Mary delivers Meals on Wheels and has since 1987 when she took her baby along with her and she still loves her job to this day. Her clients love seeing her, and Mary gets much pleasure from serving them.

Mary learned Braille years ago and now transcribes books for the blind. She volunteers her time at the Community Kitchen and Steele Memorial Library. She is a member of the Over the Counter Players who perform skits at our local senior homes and clubs to promote safe driving, scam alerts and health issues for seniors. She dresses as Samantha the Skunk for the Southern Tier Tobacco Awareness Council teach-

ing kids about the dangers of smoking, and is sometimes a clown in local parades. Last, but not least, Mary also knits colorful hats and mittens for local school kids. This is truly an impressive volunteer resume.

Mary and husband, Charles, join us once a week for lunch at the Big Flats Nutrition site and I had no idea she was involved in so many activities until she was nominated for this award. She is truly an asset to Big Flats and all of Chemung County. Thank you Mary for all you do.

At the same award ceremony, Connie Bergh, of Elmira, received the Mildred Parfitt Award. Connie's current and past volunteer activities include: 28 years service to St. Joseph's Hospital with the Widow Support Group and visiting patients; serving as an interviewer at the Samaritan Center; working with Senior Notebook since 1994; member of St. Mary's Church choir; member of

RSVP for 16 years with 6179 total hours of service. Thank you, Connie, for contributing to the well being of the citizens of your community and all of Chemung County.



Seniors are truly the backbone of volunteerism!

Photo: Sam David, Dir. of the Chem. Co. Dept. of Aging and Long Term Care and Mary Beechey

Written by: Linda Redner

Community Center Updates

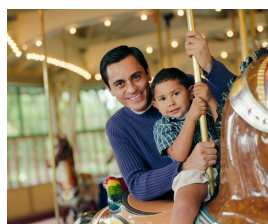
We have been busy at the Community Center this winter "sprucing up" the interior. All of the rooms have been painted and a set of old photographs showing the story of tobacco in Big Flats were hung in the hallway to Rooms C and D. The in-house sound system has been upgraded to include six additional speakers, new handheld and lapel microphones. These changes have greatly improved the quality and distribution of sound in the Great Room.

We have a couple of new exercise classes: Tai chi has

already started and Zumba will preview on May 18 with regular, weekly sessions beginning, Wednesday, June 1, 2011 at 7:30 p.m. We have offered several Italian Cooking Classes and plan to continue this series. Currently, we are offering a six session workshop, "living Well Chemung", for adults living with a chronic health condition and/or their families, friends or caregivers. Blood drives and defensive driving classes have been scheduled for the rest of the year as well as our many regular

classes. We have quite an active group of Memoir Writers. Of course, we are open to any suggestions or requests you might have. Send them to jzimmeran@bigflatsny.gov or, better yet, stop in at the Center and share them with us in person.

Written by: Judy Zimmerman,
Director of the Community Center



DON'T FORGET BIG FLATS COMMUNITY DAYS

Big Flats Community Days Festival:

Queens Pageant: June 3rd, 7:00 pm at Big Flats Elementary School

Festival at Big Flats Community Park will begin Thursday, June 9th through Saturday, June 11, 2011.

There will be new exciting rides coming and of course the great food, including the famous chicken bar-b-q by Big Flats Lion's Club. All proceeds are used for the beautification of our Town parks.

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